

FOR REFERENCE ONLY

INDIANA COLLECTION

ST. ANTHONY MEDICAL CENTER, INC.

Crown Point, Indiana



Lake County Hospitals -
St. Anthony

A Report to the Community

Your family's first choice for quality health care.



INTRODUCTION

Q

uality health care can be defined several ways.

Patients usually equate quality with the cleanliness of their room, the taste of the food, and the friendliness of the nurses. To doctors, quality means the latest tools and technology to diagnose and treat illness and the assistance of skilled and experienced nurses and technologists. Administrators judge quality by certifications and licensures, appropriate procedures, and effective policies.

By all of these measures, and many more, St. Anthony Medical Center has provided quality health care since its founding in 1974. Quality, in fact, is a moral imperative at St. Anthony. It springs from the ded-



ication and commitment of our sponsors, the Franciscan Sisters of Chicago, who consider quality an integral part of their health care mission.

Quality is evident in the respect and dignity each patient and visitor is accorded; by ongoing educational programs to maintain staff skills at state-of-the-art levels; by dedicated personnel who work diligently to meet the highest standards of patient safety, plant maintenance, and management efficiency; by seeking patient opinions on the quality of their care; and, by employees, all of whom promise to practice our value statement, "Committed to Others through Service and Example."

It is a team effort, focused on patients and dedicated to service. That's why St. Anthony Medical Center should be your family's first choice for quality health care.

CARDIOVASCULAR SERVICES

St. Anthony Medical Center has a rich history of providing cardiac care to the community and establishing The Heart Institute in 1992 added an exciting new chapter to the story. The Heart Institute coordinates all cardiac services at St. Anthony and continues to add new programs.

Two of those new services, the Chest Pain Center and the Cholesterol Center, are firsts for Northwest Indiana. The impetus for the Chest Pain Center is the continued high incidence of death from heart attack. The Chest Pain Center offers specialized diagnosis and treatment of chest pain, as well as a strong educational element, urging



people who experience mild chest pain to seek medical help and deter a major heart attack. The Cholesterol Center offers a six-month program to assist individuals in controlling their cholesterol levels through nutritional counseling, medication review, and exercise prescriptions. The goal is to provide individuals with knowledge and motivation so they can make the life style changes necessary for long-term health and independence.

For years, St. Anthony Medical Center has been known as the Northwest Indiana leader in open heart surgery. Here, surgeons perform hundreds of major procedures annually, including coronary bypasses, valve replacements, and aneurysm repairs. The latest equipment and most highly skilled and experienced surgery teams perform this life-saving work. In addition to the heart-lung machine, which is essential for this major surgery, a blood cell washer recovers and cleans the patient's blood, decreasing the need for donor blood and reducing risk.

More than a thousand angiograms and angioplasties a year are performed by staff cardiologists. Atherectomy or plaque ablation may also be chosen as treatments, or implantation of a pacemaker may be appropriate. In each case, St. Anthony has the modern technology and skilled hands to do the job. Many other patients are treated with modern drugs such as calcium or beta-blockers. Heart attack victims are often treated initially with streptokinase or tissue plasminogen activator (TPA), clot-busting drugs that save lives.

Other heart problems are diagnosed with thallium stress tests, stress echocardiograms, transesophageal echocardiograms, or noninvasive ultrasound. Recently, St. Anthony Medical Center, in cooperation with Chicago's Illinois Masonic Hospital, became the first

Northwest Indiana facility to add electrophysiology to its arsenal of diagnostic capabilities. Patients with cardiac arrhythmias that can't be treated in traditional ways may find the answer through electrophysiology. Follow-up treatment may include medication, ablation of minute areas of the heart, or an implanted defibrillator.

Following surgery, patients recover in our fully-monitored Cardiovascular Intensive Care Unit. Here, nurses become central figures in a patient's recovery. The healing process is advanced by the training and wealth of experience each nurse brings to the bedside. Educating patients and family members toward future health is another of their roles, for they see their responsibility to patient care continuing after discharge.

To complete a patient's recovery, we offer all phases of cardiac rehabilitation, along with nutritional counseling and exercise prescriptions. "Changing the Beat," a series of five life style improvement classes, is offered to patients and the public free of charge.

The complete line of services and the experience of our staff makes The Heart Institute at St. Anthony Medical Center the Northwest Indiana leader in cardiac care.



OBSTETRICS

C

hoices, safety, and the comfort of home—that's the news in the Family-Centered Maternity Unit at St. Anthony Medical Center.

From the single room concept to the Teddy Bear Club, mothers-to-be have many reasons to choose St. Anthony for one of the most important events in their lives.

The single room concept is the ultimate in convenience, privacy, and personal choice for expectant families. In one cozy, comfortable room, the mother labors, delivers, and has her postpartum recovery. There is no moving from room to room; yet, any medical equipment that a physician may need is at hand. The nursing staff is cross-trained in all areas and is certified in infant resuscitation and fetal monitoring.



We encourage sibling and grandparent visitation, provide mother/baby nursing, a 24-hour pass for Dad, and our much-imitated "Candlelight Dinner" served to Mom and Dad or a guest before going home.

The Teddy Bear Club adds to the excitement. It's free and begins eight months before due date with a series of monthly newsletters about the baby's development, preparing brothers and sisters, and organizing a layette, among other timely topics. Merchant discounts, a keepsake Teddy Bear and a free meal for Mom at a local restaurant are other membership benefits.

Patients scheduled for Caesarean deliveries also will find convenience and comfort at St. Anthony. A new Caesarean room is included in the Family-Centered Maternity Unit, which maximizes privacy yet provides the most up-to-date methods and equipment to care for mother and baby.



NURSING SERVICES

We offer guaranteed "Birth Package" prices that are among the most affordable in the area. Arranging a convenient payment plan is another of our services. We think families can enjoy the birthing experience more when the financial questions have already been answered.

Our goal is simply to make the entire birthing experience as memorable as possible, to strengthen family bonds, and to recognize the miracle of birth with joy and celebration.

T

he high caliber of experience and the continuing educational efforts of our nursing staff are clear evidence of St. Anthony Medical Center's commitment to excellence in patient care.

Around the clock, these skilled, caring professionals deliver the personal touch that patients praise. The job is demanding. From administering medications to patting a shoulder, our nurses play many roles...and gain many rewards.



Along with obstetrics and oncology, the major nursing units at St. Anthony Medical Center are:

PEDIATRICS

Hospitalization is usually frightening to a child, and our focus is to calm their fear and relieve their anxiety. We allow parents to stay overnight, provide favorite foods, and encourage children to bring that special toy or blanket from home.

INTENSIVE CARE

Our intensive care units are each equipped with the most current monitoring and life-sustaining systems available and are staffed by highly trained and experienced nurses. The units are spacious and attractive and provide excellent visual contact with patients.

INTERMEDIATE CARE

As critically ill patients improve, or when an illness does not require intensive care, an intermediate care unit is appropriate and more cost-effective. In each of

our units, patients acquire a positive outlook and family members are taught how to achieve effective long-term results.

ORTHOPEDICS

Bone injuries and disease are among the most common cause of hospitalization. Fractures, joint replacements and spinal surgery, among many other procedures, are treated by nurses specially trained in traction, cast care, prosthetics and body mechanics.



MEDICAL-SURGICAL

Medical Surgical and Medical Cardiology are among our busiest units. Conditions such as cardiac arrhythmia, congestive heart failure, angina, chronic pulmonary disease, pneumonia, diabetes and a variety of surgical procedures are treated.



ONCOLOGY

"C

omprehensive and experienced" describe the Burrell Cancer Institute at St. Anthony Medical Center. Its many services are accredited by the American College of Surgeons, the Association of Community Cancer Care Centers, and the American College of Radiology. It also has a certified Tumor Registry.

No illness has the psychological impact of cancer. That's why, at St. Anthony, our first goal is to establish the patient's will to fight back. There is good reason because, now, most people survive cancer.

Diagnosing and treating cancer at St. Anthony is a dynamic process. An array of modern instruments and a team of skilled physicians engage in the care of each patient. Oncologists, surgeons, pathologists, radiation

oncologists, and radiologists participate. Pharmacists, nurses, and technologists play crucial roles as well.

There are three primary treatment methods, often used in combination. When radiation is prescribed, treatments are planned on a simulator and verified by a treatment planning computer. Then our dual beam electron/photon linear accelerator administers an efficient, effective dose of radiation to destroy the invading cells. If chemotherapy is prescribed, our pharmacists compound the mixtures. When surgery is necessary, patients can rely on experienced surgeons and anesthesiologists, as well as skilled operating room nurses and technologists.

We advocate early detection and were the first in Northwest Indiana to offer a comprehensive cancer screening program. In addition, we offer periodic screening programs for breast, prostate, skin, and colorectal cancer. Our Women's Imaging Center offers low dose mammography and our policy of self-referral and evening and weekend hours makes arranging appointments easy and convenient at all our locations.



EMERGENCY SERVICES

In addition to the latest technology, our "Quality of Life Team" encourages and supports every patient. Pastoral care is available 24 hours a day. A registered dietitian ensures that the patient's nutritional requirements are being met and that side effects are minimized. When a patient is ready to leave the medical center, a clinical social worker helps plan the discharge. Family support and understanding is crucial to the patient's cure, so we offer regular and frequent opportunities for their involvement and education.



T

wenty four hours a day the Emergency Department at St. Anthony Medical Center stands ready to deal with any injury or illness. The staff is specially trained in emergency medicine and nurses are certified in trauma care and Advanced Cardiac Life Support.

Through radio equipment, our staff reaches outside our walls to keep in constant contact with ambulance personnel working at an accident scene or enroute to our door. This voice contact and telemetry monitoring system has saved many lives because it allows paramedics to stabilize accident or heart attack victims at the scene.



Each patient arriving at the Emergency Department is "triaged," and those with the most critical problems are given priority treatment. To maintain the highest level of preparedness, we hold regular medical center-wide disaster drills, and offer training courses for Emergency Medical Technicians.

St. Anthony established the area's first Chest Pain Center in 1992.



It is aimed at preventing heart attacks through the proper response to mild chest pain, which is often a warning of a more serious problem. All too often, victims of mild chest pain do not see a physician. A major heart attack may follow, causing massive cardiac damage or death. The Chest Pain Center's message is, "Heed the early warning and check it out."

Those who do "check it out" find a special area with both bedside and nursing station monitoring, streamlined procedures and a battery of sophisticated diagnostic testing services ready to respond.

The Chest Pain Center has a strong community education element as well. Through presentations at service and civic organizations, printed material and public service messages, the public will learn the proper

response to mild chest pain, with the result that lives will be saved.

Through it all, our physicians, nurses, and technologists maintain a respect for human dignity and privacy that earns many compliments. Some call it "grace under fire." Our staff thinks that it's just part of the service.

REHABILITATIVE SERVICES

T

To walk, to talk, to lift a spoon to your mouth or a flower to your nose are actions most appreciated when they are no longer possible.

Making these actions possible again for disabled individuals is the goal of Physical Medicine and Rehabilitative Services. Whether a person is disabled by an accident, a stroke, a birth defect, a degenerative disease, neurological or orthopedic problem, our staff of professionals helps them attain their unique potential for self-reliance.

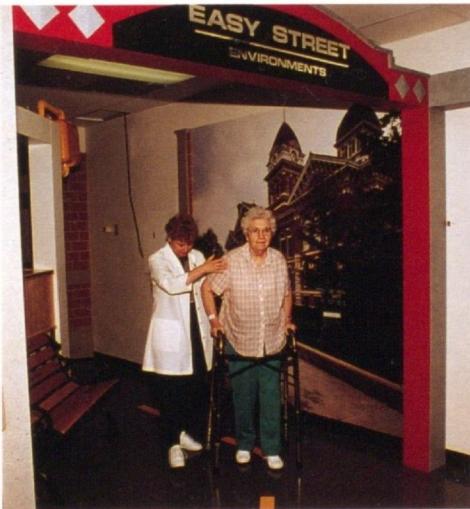
Therapy is intensive and the rewards immense.



PSYCHIATRY

Working as a team, under the guidance of a medical director, rehabilitation nurses, physical, speech, and occupational therapists, social workers and psychologists, provide up to eight hours a day of therapy and counseling.

As recovery progresses, and the day of discharge nears, patients become regular visitors on "Easy Street," a village inside the Medical Center that helps them relearn everyday tasks such as shopping, banking and getting in a car. Family members are involved in treatment, and play an active role in the recovery process.



This healing, restorative process is at the very heart of our philosophy to respect life and maintain the dignity of every person.

T

he Behavioral Medicine Program at St. Anthony Medical Center provides inpatient care to adults suffering from depression, family problems, job crises, anxiety, phobias, or other emotional distress.

Using a team concept, the skills of psychiatrists, psychologists, social workers, occupational therapists and psychiatric nurses are combined into an individualized program of treatment. Therapy techniques—group, individual and family—are used as appropriate.

Family members are encouraged to become involved in the care plan developed by the treatment team and physician. A continuing program is tailored to the patient's and family's needs after discharge.

Individualized treatment and a sincere concern for recovery exemplify the commitment of St. Anthony's staff to service and example.



SURGICAL SERVICES

From simple "same day" surgery to the most complex procedures, complete surgical services are available at St. Anthony Medical Center.

More and more surgery is being performed on an outpatient basis, with no overnight hospital stay. Hernia repairs, cyst removal, cataracts, and D & Cs, among many others, can be done safely and efficiently. The savings are obvious and the patient is back home by evening.

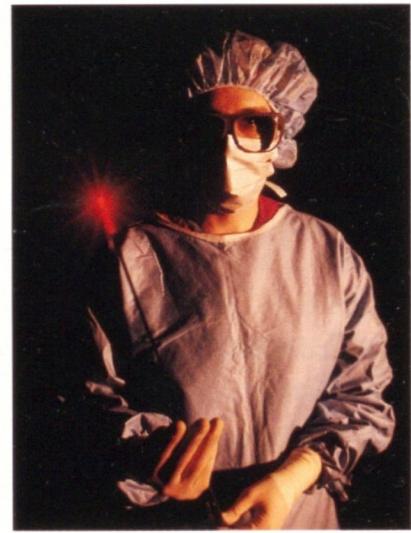
The convenience and lower cost of "same day" surgery does not compromise our quality. Patients have

the security of knowing their surgery is being performed within a full-service medical center by a team of health care professionals with excellent training and years of experience.

St. Anthony Medical Center has kept pace with the rapid improvements in surgical technology and techniques. In regular use are laser scalpels that decrease bleeding



PASTORAL CARE



and shorten healing time, arthroscopes and laparoscopes that reduce the size of incisions, sound waves that emulsify cataracts, and microsurgery that makes it possible to perform the most intricate procedures, such as nerve reattachment

and brain surgery. Hip and knee joint replacement has advanced with new materials and techniques.

Removing a gall bladder, for example, can now be performed with a laparoscope through a two-inch incision in the abdomen. What once took five to six days recovery in the hospital is now routinely a one-night stay. In some cases, the patient is allowed to go home the same day.

A major advance is the Acute Pain Service, a method for controlling pain that not only makes patients more comfortable but promotes healing. Patients administer their own medication through an IV tube or have an epidural catheter which supplies medication directly to the site.

For the family member or friend who may be waiting, refreshments are available in our comfortable lounges. It's part of our commitment to provide quality, compassionate treatment to all.

D

uring an illness, people tend to review their priorities. They may experience anxieties and doubts that even the best health care cannot cure.

It is at such times that St. Anthony's Pastoral Care staff becomes an integral part of the health care team. The priests and sisters are available 24 hours a day to provide the needed level of spiritual support. Lay Eucharistic ministers also visit patients on a regular basis.

Visits by the patient's priest, minister or rabbi are encouraged and coordinated. The Pastoral Care staff's sole purpose is to help patients and families through a difficult experience by articulating the Lord's love, compassion and concern. This is an important service...a service, we are convinced, that makes the medicine work better.



COMMUNITY AND OUTPATIENT

Audiology

Hearing evaluations and electronystagmograms (ENG) for chronic dizziness. Call 757-6132.

Blood Drives

Public blood drives are held periodically at St. Anthony Medical Center, in cooperation with Heartland Blood Service. Call 757-6398 for information.

Burrell Cancer Hot Line

Information about cancer and the names of physicians specializing in oncology are available by calling 757-6394 or 800-439-7708.

Cardiac and Pulmonary Rehabilitation

Outpatient services for open heart surgery patients, other cardiac diseases and chronic or obstructive lung disease. Call 757-6150.

Center for Continence

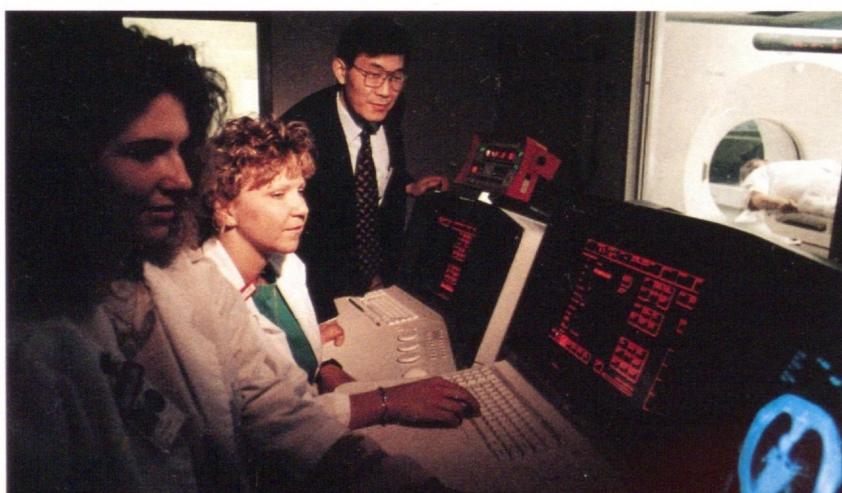
Program that offers individualized treatment for persons with various types of incontinence disorders. Call 757-6402.

The Chest Pain Center

For the diagnosis and treatment of mild chest pain, the Chest Pain Center's goal is to prevent heart attacks by prompt response to mild chest pain. Call 757-6444.

Cholesterol Center

We offer a six-month program aimed at monitoring and controlling cholesterol through education, nutri-



tion counseling, pharmaceutical evaluation, and exercise. Call 757-6471.

Clinical Laboratory

A complete range of outpatient testing is available. Call 757-6340.

Computed Tomography

Controlled amounts of radiation are used to visualize internal body structures such as the spine, brain and other organs.

Diabetes Care Service

Helping individuals learn to live successfully with diabetes through education, treatment and support is the goal of this program. Call 757-6268.

House Call

Nurses, therapists, companions, housekeepers—any home health care need can be met through St. Anthony Medical Center's Home Health Center Program. For more information about this cost-effective alternative to nursing homes and hospitalization, call 757-6423.

Magnetic Resonance Imaging

Magnetic Resonance Imaging (MRI) is a method for seeing inside the body that is safe and provides a wealth of information about soft tissue structures.

Mammography

Mammography is available on a self-referral basis six days a week and some evenings (all female staff).

S E R V I C E S

Unit is accredited by the American College of Radiology. For an appointment call 757-6475.

Nutrition Hotline

Food is a hot topic and St. Anthony Medical Center's hotline is the source for accurate information. Special diets, fad diets and bad diets can be discussed with a Registered Dietitian. Call 757-6283.

Officer Ugg

A program for children about the dangers of toxic substances, as well as helping parents prevent accidental poisonings in the home. Schools, churches and other groups can schedule the Officer Ugg program by calling 757-6255.

Partners in Care

Occupational Medicine Program headquartered at Valparaiso Physician & Surgery Center. PIC serves businesses in Lake, Porter, and LaPorte counties. Services directed for the workplace include: pre-employment physicals; executive wellness and employee assistance programs; case management; workplace injury prevention; infection control consulting; employee health education, and more. Call 219-531-5050.

Physical Therapy

Outpatient treatments for muscular and skeletal injuries and diseases. Call 757-6280.

Physician Referral

Newcomers or any individual needing a family physician or specialist can obtain the names, addresses and phone numbers of doctors on St. Anthony Medical Center's staff. There is no cost or obligation. Office hours are 9 a.m. to 4 p.m. weekdays. Call 757-6000.

Practical Nurse Program

State accredited program, established in 1993 in affiliation with Inservicer's, Ltd. The 48-weeks of classes include topics in: pharmacology, nutrition, anatomy, physiology, medical-surgery, geriatrics, pediatrics and obstetrical nursing. Students completing the program are eligible to take the state licensure examination. Further information, call 757-6404.

Radiation Therapy

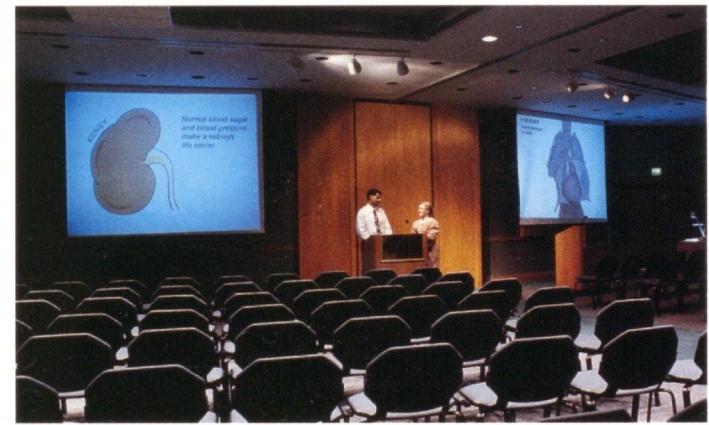
Advanced cancer treatment using a dual-beam linear accelerator. Call 757-6285.

Renal Dialysis

Outpatient services for kidney patients. Call 757-6132.

Screenings

Blood pressure, diabetes, and various cancer screenings, among others, are offered on varying schedules and locations. For more information, call 757-6398.



Senior Circle

Designed for the senior community age 55 and over, the Senior Circle program includes: health education and screenings, wellness programs and referral and information programs. The Senior Health Insurance Information Program (SHIIP), offers individuals help with the often confusing paperwork associated with Medicare and supplemental insurance. Call 757-6429.

Speakers Bureau

Speakers for clubs, civic groups and schools are available on a variety of health care topics. To arrange for a speaker, call St. Anthony at 757-6398.

Spect Scanning

A radioisotope locates "hot spots" in the body and helps diagnose such conditions as arthritis, tumors and small fractures.

Stoma Therapy

Assistance for patients who have artificial openings in the gastrointestinal tract. Call 757-6001.

Support Groups

"You're not alone" is the best way to describe support groups. For information on groups based at St. Anthony Medical Center or available in the community, call 757-6398.

ACCREDITATIONS

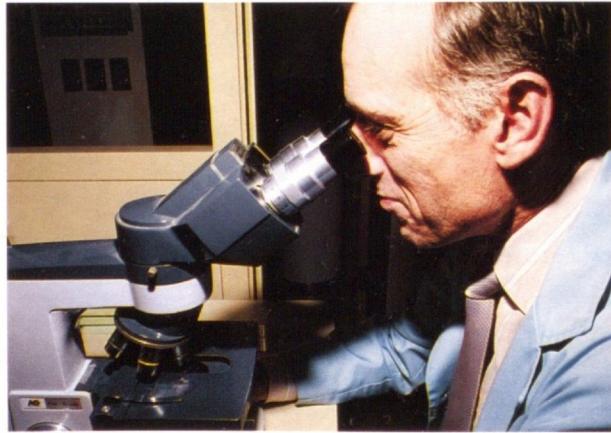
S

St. Anthony Medical Center is accredited by:

- The Joint Commission on Accreditation of Healthcare Organizations
- The American College of Radiology
- The College of American Pathologists
- The American College of Surgeons Cancer Program
- The American Association of Blood Banks
- The American Diabetes Association

St. Anthony Medical Center is licensed by:

The Indiana State Board of Health



AFFILIATED FACILITIES

S

St. Anthony Medical Center has affiliations with:

■ Medical Arts Center
297 West Franciscan Lane
Crown Point

■ Schererville Diagnostic Center
2001 U.S. 41
Schererville
Phone: (219) 865-0196

■ Valparaiso Physician and
Surgery Center
1700 Pointe Drive
Valparaiso

Surgery Center Phone:
(219) 531-5000

Diagnostic Center Phone:
(219) 531-5100



Family Practice Network with offices at:

① Seasons Plaza Health Center
9101 East 109th Avenue
Lakes of the Four Seasons
Phone: (219) 662-9424

② Valparaiso Health Center
1551 Sturdy Road
Valparaiso
Phone: (219) 462-6192

③ Chesterton Health Center
748 East Porter Avenue, Suite 2
Chesterton
Phone: (219) 926-8664

④ DeMotte Plaza Health Center
417 North Halleck Street
DeMotte
Phone: (219) 987-2641

⑤ Lake Holiday Health Center
10055 County Line Road
Roselawn
Phone: (219) 345-4843

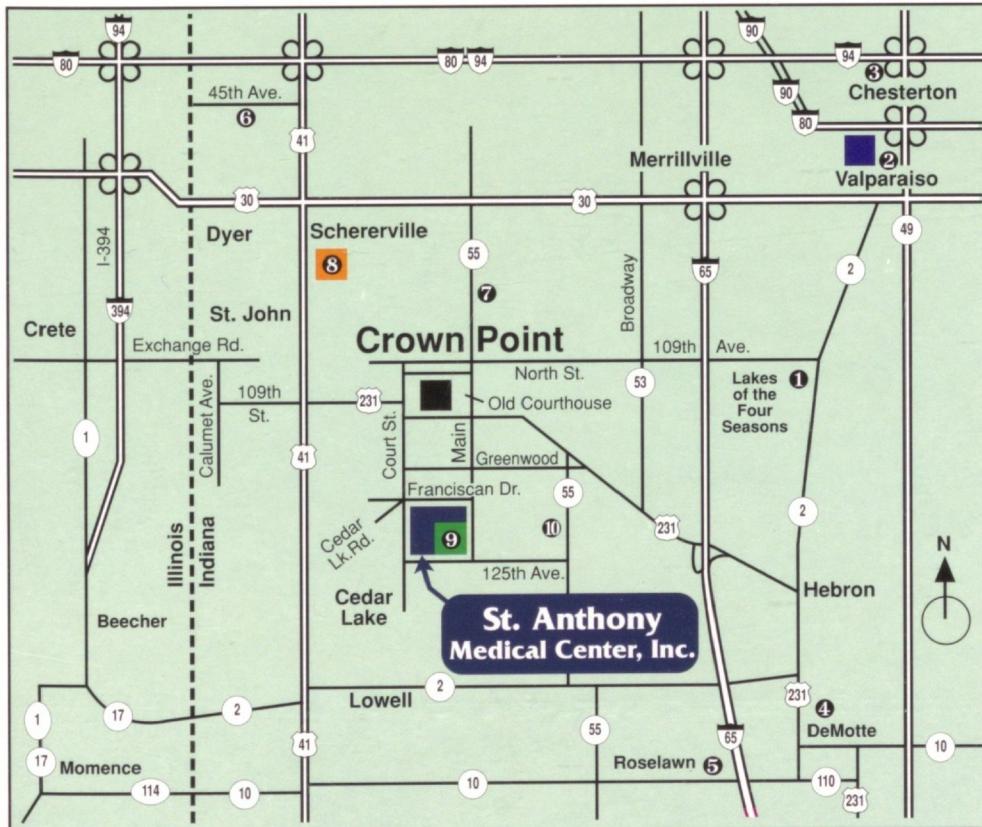
⑥ Highland Health Center
Port de L'eau Plaza
2114 – 45th Avenue
Highland
Phone: (219) 924-7437

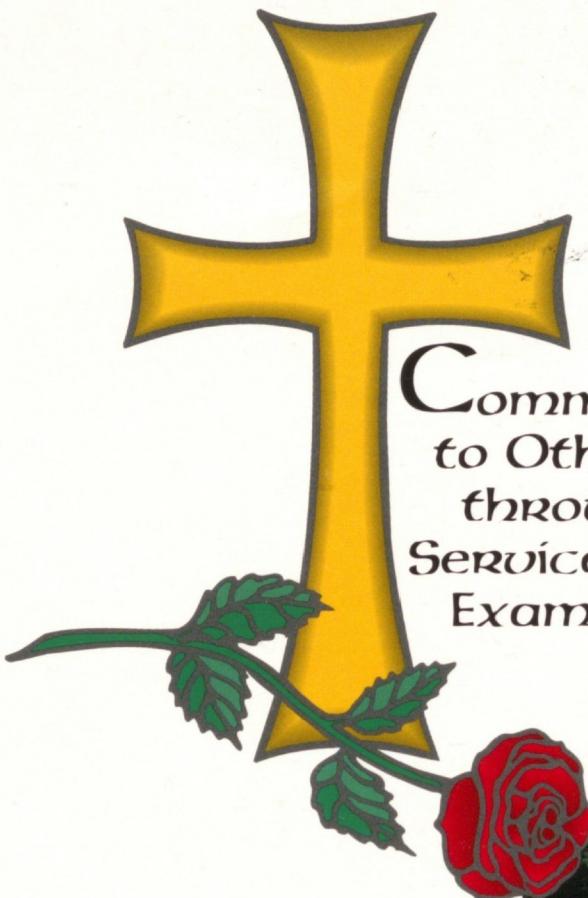
⑦ North Point Health Center
2050 North Main Street
Crown Point
Phone: (219) 662-0700

⑧ Schererville Health Center
2001 U.S. 41
Schererville
Phone: (219) 865-0198

⑨ South Point Health Center
297 West Franciscan Drive
Crown Point
Phone: (219) 662-6011

⑩ Crown Point Health Center
1121 South Indiana Avenue
Crown Point
Phone: (219) 663-7000





Committed
to Others
through
Service and
Example



St. Anthony Medical Center, Inc.

1201 South Main Street, Crown Point, Indiana 46307-8483

• Crown Point (219) 663-8120 • Merrillville (219) 738-2100
• Lowell, Shelby & Cedar Lake (219) 374-9514

♦ Sponsored by the Franciscan Sisters of Chicago ♦